



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Intramural Basketball

### Contact Information

<b>Main Contact Person</b> Daniel L. Benson
<b>Title of Main Contact</b> Dept Chair Phy.Ed / Health
<b>School Name</b> Homestead High School
<b>School District Name</b> Mequon - Thiensville
<b>Contact Phone Number</b> 262-238-5667
<b>Contact Email Address</b> dbenson@mtsd.k12.wi.us

### Program Information

<b>Program Name</b> Intramural Basketball
<b>Program Category</b> Activities done outside of PE class time for additional credit
<b>Grade Level</b> High School (9-12)
<b>Assessment Method</b> Fitness indicator (test scores, miles walked); Impact on bahavior (increase in active minutes or miles walked); Participation rates (number of students involved); Number of materials provided (information distributed); Impact on knowledge and or attitudes (test scores)

### Program Information

#### Products Developed or Materials Used:

Course description guide, student surveys for new ideas, constant updates of diverse curriculum.

#### Program Description:

Open intramural basketball runs on Monday nights from November - February. 7pm - 9:30pm. We have over 40 teams with over 400 students involved. Co-ed, age based leagues are set up and a set schedule is played. No refs / call your own game with score sheets and adult supervisors. We have 6 courts going at once. Students love the exercise and getting out to be with friends.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: <http://dhfs.wisconsin.gov/health/physicalactivity/>  
[Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgaig@dhfs.state.wi.us](mailto:Morgaig@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Marv Pesik, Program and Grant Coordinator)